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FOOD makes the difference in these twin rats

This rat ate only meat, potato, bread, and butter. He has poor fur and weighs only 89 grams.



Bones show diet was poor—lacking calcium and vitamins.



This rat ate plenty of milk and vegetables, besides the meat, potato, bread and butter. He weighs 194 grams.



Skeleton shows diet was good. Bones are strong and well-formed.



The following charts show the importance of some of the better known nutrients essential for human health